Volume 10, Number 9 May 6-19, 1995

UCSF Newsbreak

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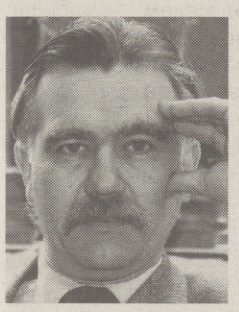
Psychiatrist reflects on Oklahoma City bombing

By ALLEN J. BALDERSON

Immediately following the Oklahoma City bombing on April 19, people around the world, but particularly in the United States, wanted quick answers to a list of scary questions. What kind of person could blow up a building killing innocent people, especially children? If this horrible event can happen in the heartland, are we no longer safe anywhere? How do we protect ourselves?



Reus

By now, more than two weeks later, with suspects in custody and new clues emerging daily, many questions still go unanswered. The "whys" and "hows" may continue to haunt us for months to come.

Most mental health experts, including those at UCSF, are reluctant to make observations that put a psychological spin on political events or circumstances without being privy to more specific information on the individuals involved.

In light of this, UCSF psychiatrist Victor I. Reus, who has had experience in assessing people with violent personalities, was willing to comment on the Oklahoma City bombing only from an anthropological point of view.

"In order to fully understand the genesis of violence and how people can be involved in such hateful crimes," says Reus, "one needs to explore the sociology of the group and the development of the full cultural ethos that gave rise to endorsing such acts."

Based on the investigation so far, the Oklahoma City bombing seems to have emerged out of a paramilitary operation in this country. Other terrorist events have been associated with activities of outside groups, such as the UN bombing in New York two years ago and bombings in the Middle East. The Oklahoma City disaster was similar in that it emerged out of a subcultural belief system, says Reus. "While individuals commit the act, the motive for the act is within the group's culture."

With new revelations daily linking bombing suspect Timothy McVeigh to militias in both Michigan and Arizona, the existence of extremists bracing for a dreaded "New World Order" has been splashed on TV screens and in newspapers across the globe. While the views of these groups may sound farfetched — "biochips" being installed in peoples' heads so the government can have control over them, Soviet tanks and missiles already maneuvering their way through American streets backed by orders from the White House, Chinese armies being trained to take over this country — these men and women strongly believe in government conspiracies and are arming themselves for impending doom.

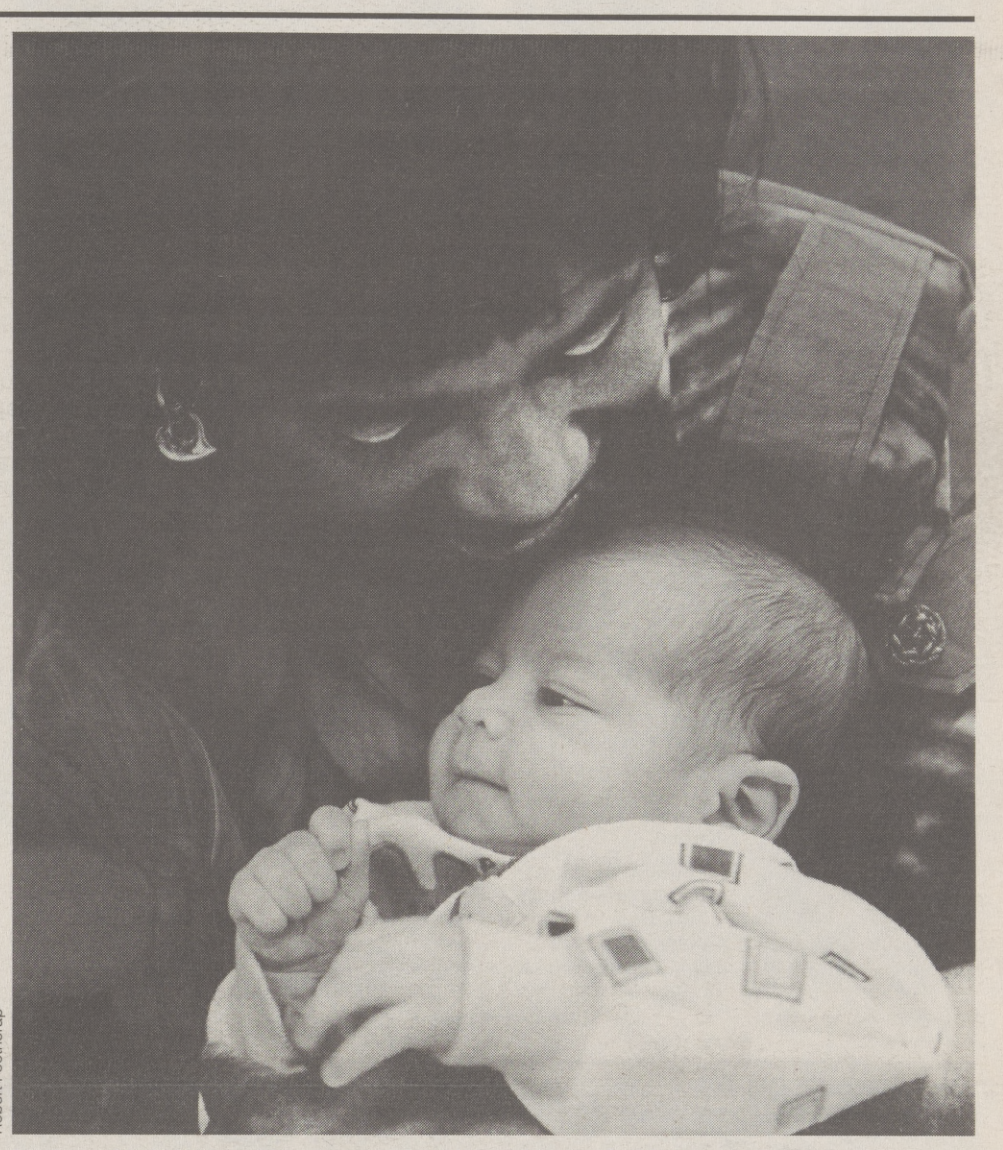
"The Waco assault obviously is very important to these militias," says Reus. "People can say it was unfortunate that the government got involved in the Texas incident, and that these people are just paranoid. But, Waco actually took place. People were killed there, and the extremists place some meaning and significance on that." One of the most telling statements Reus has heard came from a militia member who considered himself at war. He realized that innocent people will die, but from his perspective that's one of the historic casualties of war.

"We may believe that Middle America is safer, but that is not well supported by facts."

— Psychiatrist Victor Reus

Not discounting the terrible tragedy in Oklahoma, Reus says that on a grander scale the country as a whole justifies violence when it serves an overriding political perspective and need, such as the Gulf War, or accepts it when it affects other cultures or groups more than our own, for example, the ethnic cleansing in Rwanda. "There is a cultural justification for violence that transcends the rationale of the individuals involved," says Reus. There is always a gray zone in how violent acts are

(See **OKLAHOMA** *on page 2)*



Robert Foothorap

Maureen Okobi is one of 35 nurses on the staff of the new SFGH nursery.

New infant care center at SFGH cares for sicker, smaller babies

By RUTHANN RICHTER

SFGH has just inaugurated its new nursery, which enables caregivers to look after sicker and smaller premature babies. The new, $1.9 million Infant Care Center has nearly twice the space of the old nursery and allows the hospital to expand its neonatal intensive care services.

A bright space with many amenities for families, the nursery is in part a response to the movement toward managed care and is designed to help the hospital compete with others around the city.

"So often in city and county hospitals patients don't really receive what they might in a private hospital. Here, for the first time, the physical setting is going to be one of the best in the city. And this is for people in the inner city. That is a great and rare thing to have happen," says pediatrician William Taeusch, chief of pediatrics at SFGH.

The new, 43-bed center will enable the hospital to care for all infants except those requiring major heart surgery or artificial heart-lung support, says Taeusch, who is a neonatologist, a specialist in newborn care.

"That means that babies will be able to stay in their own neighborhood, their own hospital," says nurse Donna Loper, clinical coordinator for labor and delivery and the nursery. "We can facilitate family bonding and frequent visitation and help in the infant's transition to home."

The new Infant Care Center replaces a 1960s nursery that was built reflecting the philosophy of the era — to keep babies in small groups in separate rooms to avoid infection. As infection became less of an issue, the nurseries of the '90s became more open in design, improving care by making it easier for nurses and doctors to move from one child to another. The new center boasts 30 intensive care beds and 13 beds for healthy babies.

"It's easy to maintain visual contact, and if you walk into the new nursery, you can tell right away whether there is a problem in one area. It makes it much safer for the babies," says pediatrician Susan Sniderman, who came to SFGH last summer to be medical director of the center.

Shalala speaks at UCB's Charter Day

On a day when rain moved UC Berkeley's Charter Day ceremonies on April 28 from the outdoor Greek Theatre to UCB's sheltered basketball arena, Donna E. Shalala, US Secretary of Health and Human Services, called on Americans to come together and solve the nation's problems with civility and common sense.

As keynote speaker, the former president of the University of Wisconsin-Madison received a warm reception and enthusiastic response to her speech. Saying it is time "to reject ideologues on all sides," Shalala addressed many of the hottest issues facing Americans, starting with the role of the federal government and moving through immigration, welfare reform and affirmative action.

"No matter what your political beliefs, all of us can agree that political debate has become too polarized in this society. Antipathy has replaced empathy. Sound bites have replaced substance. Division has replaced discourse. And, simplistic solutions have replaced thoughtful answers," she said.

On immigration, she said that while "illegal immigration is wrong and must be stopped," legal immigration "makes America great" and that legal immigrants deserve the aid they are entitled to. Further, she said, it benefits no one to deny basic prevention, such as immunization to undocumented children.

As for welfare reform, Shalala quoted Franklin Roosevelt, saying "A nation does not have to be cruel to be tough."

And finally, she said the question should be "are we taking the right steps" to assure "equal opportunity," not how quickly can we abandon all affirmative action efforts. Shalala urged the audience to "look around this gym and around this campus. We cannot afford to squander the gains we've made."

In celebrating UCB's 127th anniversary, the event also highlighted the University's ties to the founding of the United Nations 50 years ago. UC's contribution to the establishment of the UN in San Francisco was noted by recalling that UC Printing, under tight deadline pressure, printed the original UN charter.

Practically no one should have the procedure

UCSF urologists warn against penis enlargement procedure

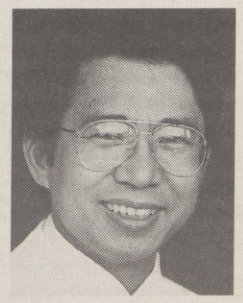
By ALLEN J. BALDERSON

Many men begin equating the size of their penises with masculinity at a young age. For some men, this insecurity about their sexual organs doesn't lessen. Indeed, the need to give their manliness a visible boost is heightened as they get older.

It is estimated that more than 15,000 American men will have had penile augmentation surgery by the end of this year. But to have one's penis enlarged, probably the epitome of male vanity, can have serious drawbacks as many urologists, including those at UCSF, are finding out.

While UCSF urologists do not perform penile enlargement surgeries for cosmetic reasons, they've been seeing patients, up to 10 so far, who are products of botched cases. The men are unhappy with the cosmetic results of their surgeries and some are suffering from complications that require reconstructive surgery.

There are two procedures to penile augmentation — one to lengthen the penis and one to thicken it. In the lengthening procedure, an incision is made just above the penis in the layer of fat that covers the pubic bone. The ligament that attaches the penis to the pubic bone is then severed, freeing up some tissue, allowing the penis to lengthen. "The penis isn't really lengthened," explains professor Tom Lue. "It just hangs lower." The operation does not change the size of an erection, emphasizes Lue.



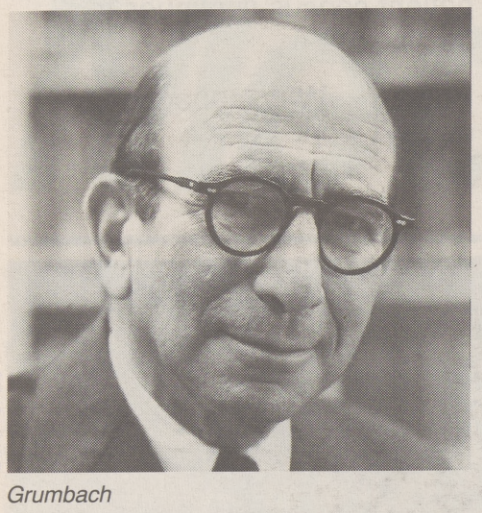
Lue

Complications from the lengthening procedure may include swelling, excessive bleeding, loss of sensation and infections that lead to skin loss.

(See **ENLARGEMENT** *on page 3)*

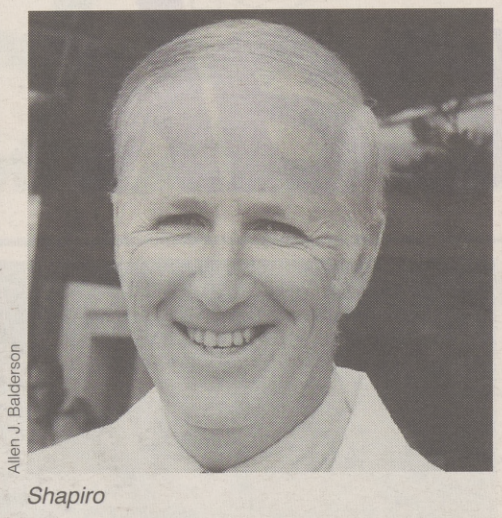
Gazette

Grumbach and Shapiro named to AAAS



David Powers

Grumbach



Allen J. Balderson

Shapiro

Pediatric researchers Melvin M. Grumbach and Larry J. Shapiro have been named fellows of the American Academy of Arts and Sciences. Founded by John Adams and other leaders of the young United States in 1780, the Academy aims "to cultivate every art and science which may tend to advance the interest, honor, dignity and happiness of a free, independent and virtuous people."

Grumbach is the Edward B. Shaw Professor of Pediatrics. He specializes in understanding the hormonal, neurological and genetic factors that work both individually and together to influence growth and development in the fetus and in children of all ages.

Professor and chair of pediatrics, Shapiro specializes in research on the biology of the human sex chromosomes and the developmental processes that create a male or female. He also is studying how the mechanism of inherited disease is related to disorders of the metabolism.

Michele Firpo

Left to right, David J. Madson, Janice Di Natale and Becky Herring

Three fundraisers join Development

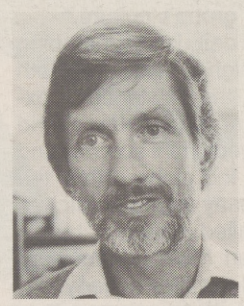
Janice Di Natale, Becky Herring and David J. Madson have joined the Office of University Development and Alumni Relations as development officers for the Schools of Medicine, Dentistry and Nursing, respectively.

Di Natale, with other major gifts officers, will raise funds for departments within the School of Medicine. Before coming to UCSF, she was director of development for Catholic Charities of the East Bay. She moved to that position after many years with The United Way of the Bay Area where she launched a record-breaking $1 million campaign.

Herring, who is responsible for overseeing all the School of Dentistry's fundraising efforts, is placing special emphasis on establishing a major gifts program. She comes to UCSF from the Haas School of Business, UC Berkeley, where she served as acting director of corporate and foundation relations, director of alumni relations and, most recently, major gifts officer.

Also placing special emphasis on major gifts, Madson oversees all the School of Nursing's fundraising efforts. He comes to UCSF after 10 years at the University of Minnesota, most recently serving as director of development for their Cancer Center where he successfully concluded a $30 million, four-year capital campaign.

Appointments



James

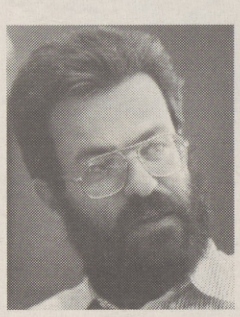
Thomas L. James: Appointed chair, pharmaceutical chemistry, effective July 1, 1995. He has been a member of the pharmaceutical chemistry faculty since 1974, before which he held a postdoctoral position in biophysics at the University of Pennsylvania. James, who has been serving as vice chair of the department since 1992, replaces Peter A. Kollman, who has been acting chair since September 1993.

Honors & Awards

Hirsch

Jane E. Hirsch, nursing: Alumnus of the year, University of Missouri-Columbia Sinclair School of Nursing.

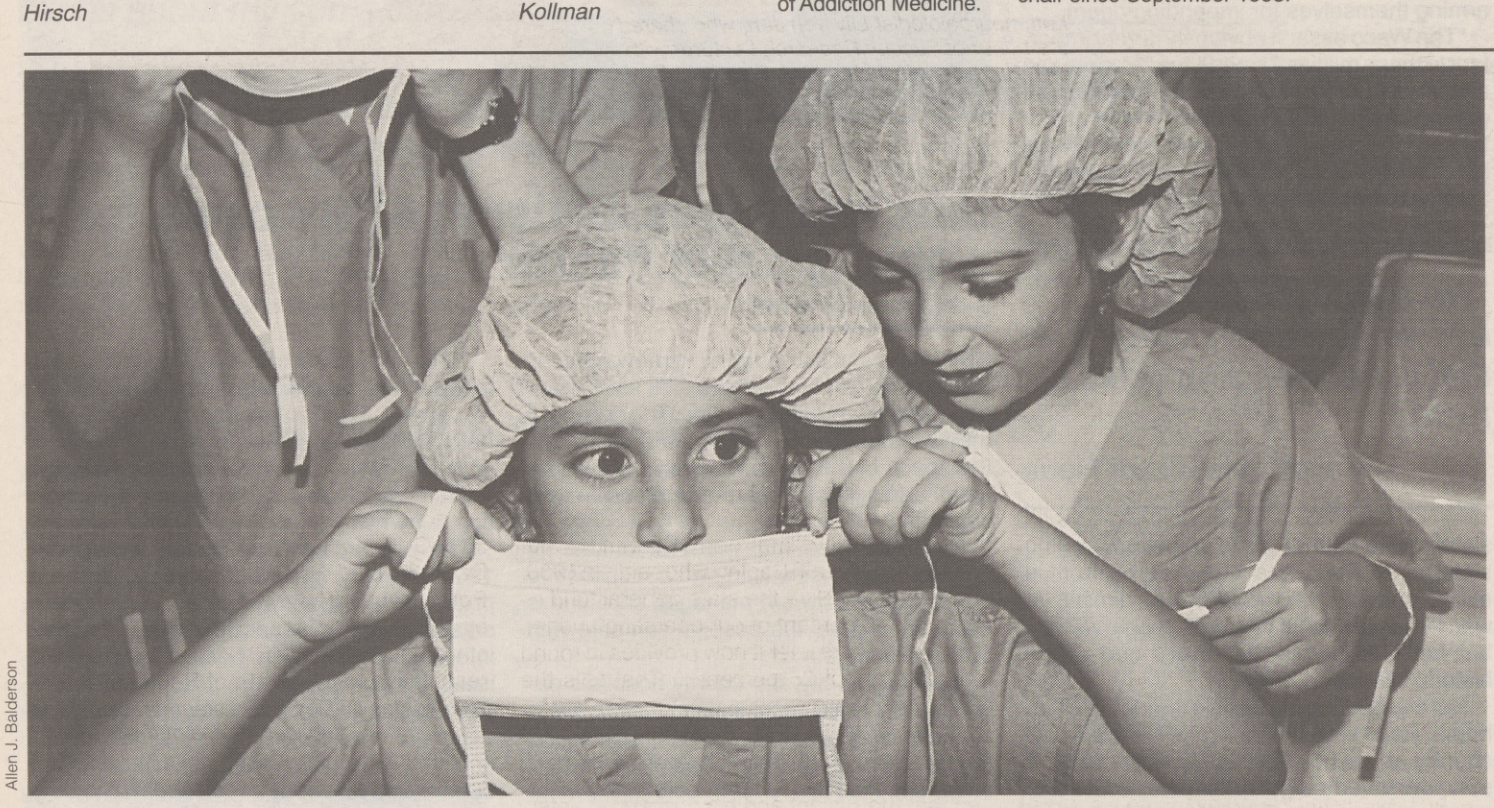
Charles B. Wilson, neurosurgery & Brain Tumor Research Center: Award of Merit, Tulane Surgical Society.



Kollman

Peter A. Kollman, pharmaceutical chemistry: American Chemical Society Award for Computers in Chemistry.

H. Westley Clark, psychiatry & Associated Substance Abuse Programs, VAMC: Board member, American Society of Addiction Medicine.



Allen J. Balderson

Following mom's footsteps into surgery

A few of the girls were too small to reach the soap dispensers, but that didn't stop them from scrubbing for surgery and taking part in a tour of the OR at Mount Zion on April 27. The 20 girls, all dressed in surgical caps, gowns and masks, were participants in "Take Our Daughters to Work" day at UCSF. More than 200 Bay Area girls participated in some 30 special programs in various departments. The day was co-sponsored by the Department of Public Affairs and the Chancellor's Advisory Committee on the Status of Women, in conjunction with the Ms. Foundation for Women, a national organization that supports women and girls.

CPR chest plunger flunks major test

A suction device touted four years ago as an important advance in cardiopulmonary resuscitation (CPR) has been found to be no better at saving lives than standard CPR. Originally developed by former UCSF researcher Todd Cohen, the device was based on a simple toilet plunger. Researchers began investigating the technique after a heart attack patient arrived at SFGH after being revived through CPR performed with a bathroom plunger.

In the latest study, however, Michael Callaham, chief of emergency medicine, reported in the April 26 Journal of the American Medical Association, that although early tests were encouraging, the device is of no benefit in long-term patient survival.

Owyang Residents' Room opens

The pharmacists in UCSF's residency program now have a new space of their own — the Eric Owyang Residents' Room — in honor of a much loved and respected UCSF clinical professor who died early last year.

"In keeping with Dr. Owyang's own constant investment in those he believed would forge the profession's future, we felt that providing the residents with a much-needed, more adequate space would be a permanent way to remember him," says Mary Anne Koda-Kimble, chair of the Division of Clinical Pharmacy. It was Owyang's wish that any gifts to the School made in his memory would be used to benefit pharmacy residents.

The new room is located on the first floor of the Clinical Sciences building, directly across the hall from the division's office.

Oklahoma *(from page 1)*

explained by different cultures and political systems, he says. "There is no consistent logic to how we view violence."

Many people are questioning whether or not the Oklahoma City bombing has opened the door to more acts of terrorism on US soil by its own citizens. It's a well-known phenomenon among law enforcement agencies that anytime you have a major national event of this nature, whether it be a terrorist act, a suicide, or a fire, you will find copycats, according to Reus. "I don't believe it's coincidental that the Unabomber struck again so soon after Oklahoma City." Reus calls it "sort of a contagion of social activity." Increased security at this time in federal buildings is not ill founded, he adds, nor are the general feelings of insecurity.

"There is a mythic sense that there is greater well-being in the middle of the country," says Reus. It is protected, unlike the borders of our country, he says. There also is a belief that social ills are concentrated on the coasts, whereas the heartland is perceived as a more stable place and less affected by disturbances of social change. "Today, with the speed at which people can move around, and the speed with which information can be transmitted, there is no place that is protected from social change and upheaval," says Reus. "We may believe that Middle America is safer, but that is not well supported by facts."

UCSF Newsbreak

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Deadline for the next issue, which will cover May 20-June 2, will be on **Tuesday, May 9, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163), Medical Center news to Lisa Cisneros (476-3256), and calendar and gazette items to Michele Firpo (476-3257), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If at any time, you feel you have a need to view this communication in an alternate format, please contact Allen Balderson at 476-3163 with your suggestions.

Editor: Allen J. Balderson

Medsounds Editor: Lisa Cisneros

Calendar, Gazette Editor: Michele Firpo

Desk Topper: Michele Firpo

Assistant Editor: Daniel Rowe

Contributing Editors: Andy Evangelista, Marie Felde, Patricia Forsyth, Bill Gordon, Rebecca Higbee, Corinna Kaarlela, Jeffrey Norris, Emily Pearce, Ruthann Richter, Alice Trinkl

Additional Photography: Mikkel Aaland (1), Allen J. Balderson (1,2) Lisa Cisneros (6), Phil Mezey (2), David Powers (2)

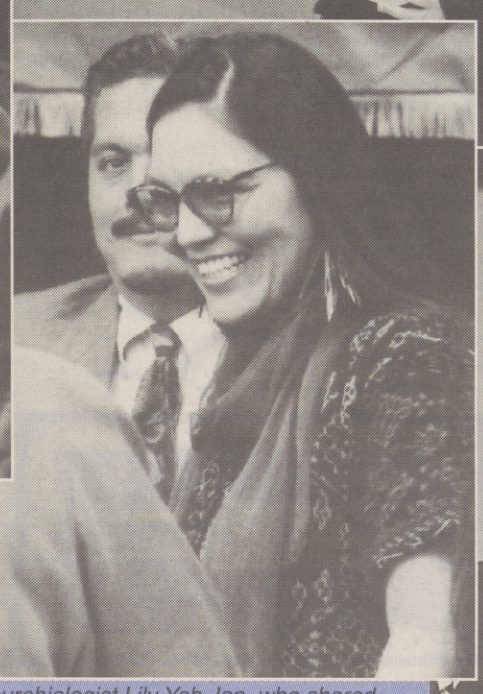
Judith Woodard, director, Public Affairs

Carol Fox, Jeff Miller, assistant directors, Public Affairs

Founders Day — in photos

The Founders Day activities on April 19 and 20 reflected the spirit of a campus that, while caught in a thick web of local, state and national changes, remains proud of its past, rejoices in the accomplishments of today, and looks joyously to its future. What follows is a small photographic sampling of the day's festivities by David Allen and Allen Balderson.

Above, Willa Crowell of pharmaceutical chemistry, an Exceptional University Service Award winner, enjoys the Awards Luncheon; top right, Chancellor Joseph Martin, student Tracy Ware, president of the Graduate Students' Association, and student Jason Pehling, president of Associated Students of UCSF, cut the ribbon and release the balloons signifying the official dedication of UCSF's new Health Sciences Education and Research Center; right, also at the luncheon, Chancellor's Award for Public Service winner Barbara Wilson of the School of Pharmacy embraces the joy of the day.



Left, neurobiologist Lily Yeh Jan, who shared the honor of Faculty Research Lecturer with Yuh Nung Jan, is seen at the Founders Day Banquet with UCSF Medal winner George W. Thorn; above, Chancellor's Award for Public Service winner Connie Bear King of pathology radiates at the Awards Luncheon.

At the banquet, Gaylene Becker of the School of Nursing and medical anthropology accepts a Distinction in Teaching Award.

UC Regents meet state leaders to demonstrate importance of higher education

By THOMAS DEBLEY

Twelve University of California Regents spent April 25 in Sacramento visiting with key state leaders to collectively demonstrate the importance of higher education to the state of California and their commitment to maintaining the quality of and access to UC.

In small group meetings with 21 state leaders throughout the day, the Regents argued that state support for UC is vital because it is one of California's greatest resources, contributing immensely to the state through its research, teaching and public service.

"We're at the bone," said Regent Meredith J. Khachigian, who organized the visits and would like to see such meetings with legislators repeated every six to eight months.

"Sometimes it's easy to look at how well we've managed and say, well, they can handle minimum funding," she continued. "But we can't any longer. It's affecting the quality of the University. There's no use in maintaining access to a lower quality or mediocre institution."

Regents, in groups of three, met in back-to-back meetings throughout the day with Assembly Speaker Willie L. Brown Jr., State Superintendent of Public Instruction Delaine Eastin and 19 other members of the Assembly and Senate. They carried a message highlighting the traditional strength of UC's teaching, research and public service and the need to maintain its quality.

While Regents have, in the past, met individually with legislators, those efforts were largely invisible and led some to question whether Regents were doing enough in Sacramento to maintain adequate levels of state funding. Tuesday's effort, said Khachigian, was to demonstrate visibly and collectively the Regents' commitment.

"We are responding to criticism that I think is misguided, but nevertheless is out there, that Regents don't spend enough time in Sacramento," she said.

To help dramatize their point, Howard H. Leach, chair of the Board of Regents, Khachigian and seven other Regents told a Capitol press conference it is important to remind legislators of the need to keep UC a world class university and to keep student fees at a level that keeps it accessible to California's students.

"We would hope that the legislature would have enough funds for us that we would not have to have a fee increase," Leach said. "Obviously, if we do not get the funds a fee increase will be necessary."

Adequate support is also necessary to keep faculty salaries competitive with other top research universities, he said. "We don't want to lose good faculty," Leach said. "We must be able to attract the high-quality faculty that the University of California has always had."

A perspective on the erosion of state dollars for the University came from Regent and former legislator William T. Bagley, who said, "In 1960, the state budget — the state general fund — provided 60 percent of our operating budget. Thirty-five years later it now provides in round numbers about 25 percent ... That tells the whole story. You can't run a first class — world class — university if that were to continue."

Other Regents spending parts of the day meeting with state leaders were Clair W. Burgener, Ralph C. Carmona, Ward Connerly, John G. Davies, David Flinn, S. Sue Johnson, David S. Lee, S. Stephen Nakashima and Peter Preuss. They were joined in their effort by Daniel Simmons, chair of the faculty's statewide Academic Council and faculty representative to the Board of Regents.

Thomas Debley is assistant director, News Services, Office of the President

Enlargement *(from page 1)*

The penis is thickened by taking a piece of fat from the thigh or abdomen and implanting it under the skin. "In the patients we have seen, the fat doesn't get distributed evenly resulting in unsightly lumps," says Lue.

UCSF urologists agree that this operation is "ridiculous" for most men. "This is a very dangerous and unpredictable operation," says Jack McAninch, professor and vice chair of urology and chief of urology at SFGH. "Surgeons who are doing this procedure are taking advantage of patients by charging them large fees and doing unnecessary surgical procedures." "The only medical indication for this kind of surgery is that the men have $7,000 to spend," Lue adds.

Most patients seen by Lue and McAninch do not need another surgery to reverse the failed one — they suffer from penile skin that has become too tight, causing it to pop open. "The men primarily need better guidance on wound healing," says Lue. However, there have been a few cases involving extreme penal deformity where another surgery is necessary. "I'm sure there are success stories, but we only see the botched cases," says Lue.

Urology clinical instructor Hunter Wessells, along with McAninch and Lue, recently reported results of their study on 60 patients at UCSF and SFGH. "We wanted to establish a standard of 'normal' penis size," says Wessells, "so that the patient and his doctor can determine if this kind of operation is necessary."

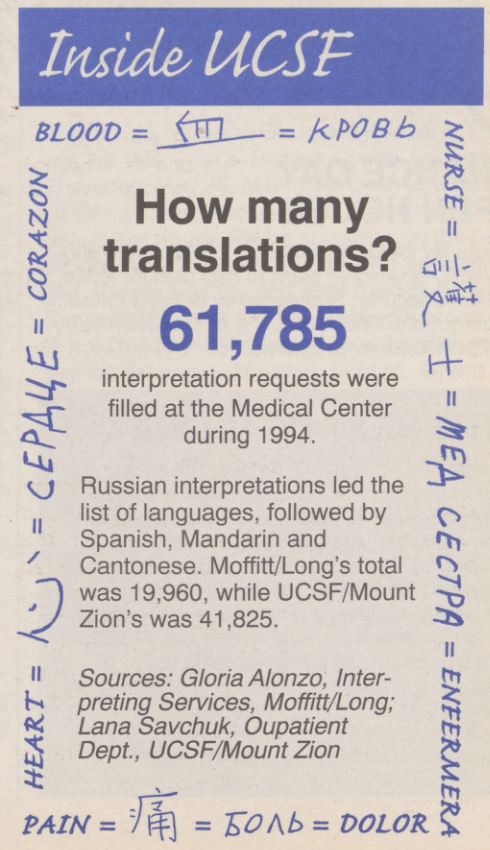
What they found was that few men have penises small enough that would warrant penile augmentation. Based on their calculations, the researchers project that only two percent of the male population would have penises considered "subnormal" in size, less than 2.8 inches long and less than 3.5 inches in circumference (when erect).

The originator of the procedure, Dao-Chou Long of China, is dismayed to see American doctors making big bucks on an operation he intended strictly for medical purposes, according to Lue. Long visited UCSF six months ago and expressed his concern that a procedure he developed to help children in China, primarily accident victims, has become a money-making venture for US physicians.

Men from all over the world come to UCSF to have penile surgeries, but strictly for medical reasons, says Lue. One such surgery is to repair the damage caused by Peyronie's Disease, a condition where the covering of the penis becomes inflamed and forms a scar making one side of the penis shorter than the other when erect. Surgeons gain back the lost length by implanting a saphenous vein, a piece of blood vessel from the lower leg.

Ruthann Richter contributed to this report

Inside UCSF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How many translations?
61,785
interpretation requests were filled at the Medical Center during 1994.
Russian interpretations led the list of languages, followed by Spanish, Mandarin and Cantonese. Moffitt/Long's total was 19,960, while UCSF/Mount Zion's was 41,825.
Sources: Gloria Alonzo, Interpreting Services, Moffitt/Long; Lana Savchuk, Oupatient Dept., UCSF/Mount Zion

Today/Tomorrow

6 Saturday

LOW VISION FORUM: Roland Jung, Oph., shares the latest aids for people with visual impairments. Forums are held on the first Saturday of each month. Main foyer, ACC. 11 a.m.-1 p.m. Call Frances Neer at 626-5313 for information.*

SELF-DEFENSE: LEVEL 2

Nina Haft, self-defense teacher and rape crisis counselor, reviews material and introduces intermediate defenses, including how to protect against knife and gun attacks. Sponsored by Rape Prevention Educ. Prog. $50. Millberry Fitness Cntr. 1:30-5:30 p.m. Call 476-5222 to pre-register.*

AIDS HEALTH PROJECT OPEN HOUSE

AIDS Health Project shows off its new location with this grand opening celebration featuring speeches by local goverment officials, tours of the building and information on services. Noon. Call 476-3902 for information.*

UCOP BLACK STAFF & FACULTY ORGANIZATION SCHOLARSHOP DANCE: Second annual "Oldies But Goodies" Scholarship Dance with DJ Philip Wilson. Costumes optional. Hors d'oeuvres and a no-host bar. $25. Clarion Suites Lake Merritt Hotel, 1800 Madison St., Oakland. 8 p.m.-1 a.m. For tickets call Renee Smith Boone at (510) 987-9777, ext. 165 or Carletta Starks at (510) 987-9777, ext. 622.*

7 Sunday

FESTIVAL OF ACTIVE LIVING: A week-long festival for older adults with free lectures, health screenings and social events. Co-sponsored by UCSF/Mount Zion and Jewish Community Center. Call 292-1266 for program details and locations.

8 Monday

UCSF MEDICAL GROUP/SENIORITY PLUS SENIOR LECTURE SERIES: *Memory & Aging.* Psychiatric social worker Edith Kaplan discusses normal, age-related memory changes and offers suggestions for improving the memory and coping with memory loss. Lakeside Presbyterian Church, Eucalyptus & 19th Ave. 10-11 a.m. Call 476-0373.*

DEAN OF MEDICINE'S RESEARCH SEMINAR: *Tuberculosis in the '90s: Scientific Challenges of an Urban Epidemic.* Margaret A. Chesney, Epid. & NIMH; Philip C. Hopewell, Med., Pulm. & Crit. Care, SFGH & SF Natl. Tuberculosis Cntr.; Andrew R. Moss, Epid. & Biostat. & Med., SFGH. N 225. 3:30-5 p.m. Simultaneously broadcast to Herbst Hall, UCSF/MZ; Rm. 208, Bldg. 30, SFGH; Rm. 1A87, Bldg. 203, VAMC.

RIEGELMAN LECTURESHIP

Eric Tomlinson, president & CEO, GeneMedicine Inc., The Woodlands, Texas, is the 13th Annual Sidney Riegelman Lecturer. Sponsored by Dept. Pharm. HSW 300. 4 p.m. Followed by reception. Call 476-1680.*

- Mon., May 8: *Controllable Gene Therapy Using Non-Viral Systems.*
- Tues., May 9: *Advanced Gene Delivery.*

9 Tuesday

FINANCE DAY OPEN HOUSE

Opporunity for faculty and staff to learn more about University-sponsored plans to help plan for future economic security. Sponsored by Benefits Office. Millberry Conf. Cntr. 8 a.m.-3 p.m. Call Allen Terry at 476-1400 for more information.

THE NEXT DEADLINE

Tues., May 9, 1995 is the deadline for items to be listed in the next calendar, which covers **May 20-June 2, 1995** (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257. To submit articles for Newsbreak, fax information to Allen Balderson at 476-3541 or call 476-3163. To submit articles for Medsounds or page 6, fax information to Lisa Cisneros at 476-3541 or call 476-3256.

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

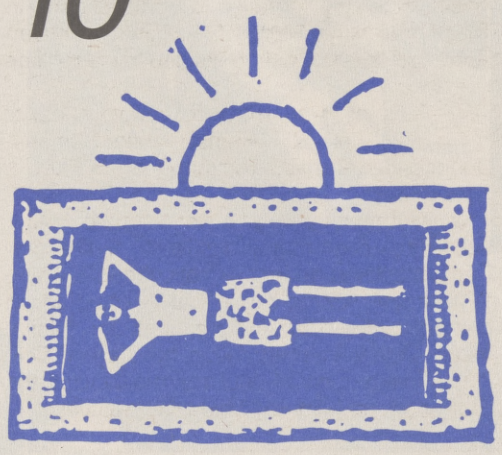
SCHOOL OF MEDICINE DEAN'S OFFICE PRESENTATION: *Beyond Reengineering.* Michael Hammer, author, discusses the management of change. Interactive telecast. Presentation 8-10:30 a.m., followed by question & answer session at 10:45 a.m. Admission is free, but pick up tickets in S 224 for Toland Hall. Call 476-2474 for tickets and location of telecast at SFGH.

WOMEN'S HUMAN RIGHTS

Government-Sanctioned, Gender-Specific Violence Against Women. Krishanti Dharmaraj, Amnesty Intl., Asian Women's Shelter, Narika & La Casa de Las Madres, discusses women and war, rape and torture, women's health issues and more. Sponsored by Amnesty International at UCSF. N 217. Noon-1 p.m. Call 566-8406.*

DENTISTRY DEAN'S SEMINAR: *Health Care Reform in the Academic Health Center.* John Greene, dean emeritus, Schl. Dent., & Edward O'Neil, Cntr. for Health Professions. Sponsored by Schl. Dent. Toland Hall. 12:15-1:30 p.m. Call 476-1101.*

10 Wednesday



BROWN BAG LECTURE SERIES: *Wrinkles: Their Cause & Prevention.* Richard Odom, Derm., explains how the effects of sun damage and aging are preventable and treatable. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

UNITED WE DANCE

A dinner followed by San Francisco Ballet performance benefits UCSF/Mount Zion Cancer Center and celebrates the 50th anniversary of the signing of the United Nations charter. Sponsored by UCSF/Mount Zion Auxiliary. Green Rm., Veterans Bldg., 401 Van Ness. $125/$160/$200. 8 p.m.-1 a.m. Call 885-7354 for reservations.*

INSTITUTE OF HEALING ARTS & SCIENCES WORKSHOP: *Recognizing Co-dependent Dynamics.* Learn to recognize co-dependent invitations and how to respond rather than react. 6:30-9:30 p.m. Call 330-5353 for location.*

11 Thursday

ANTI-RETROVIRAL SYMPOSIUM

See Upcoming Events on page 5.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Hoop Dreams.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:30 & 9 p.m. (Movies subject to change.) Call 476-2542.*

12 Friday

HISPANIC NURSES FORUM

Health Issues of the Latina Woman: Caring and Curing. National & local health professionals speak on topics relevant to health care of Hispanics. $45/general public. $35/faculty & students. Co-sponsored by Schl. Nursing, Dept. Nursing, Cultural Enrichment Fund, Hispanic Nurses' Student Assn. & UCSF Alumni Assn. Cole Hall. 9 a.m.-4:30 p.m. To pre-register call Joann Ray at 476-4897.

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Fasting for Health and Rejuvenation.* Leonard G. Hardy discusses the history and benefits of fasting. N 721. Noon. Call 330-5353.*

*Open to the public.

MEN'S POETRY

Something About Men. Open reading of poetry on men's issues and concerns. "Poets on Parnassus" series sponsored by Millberry Arts & Performances. Toland Hall. 4:30 p.m. Call 476-6761.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Hoop Dreams.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6 & 9:30 p.m. (Movies subject to change.) Call 476-2542.*

13 Saturday

WOMEN IN MID LIFE

A symposium celebrating women in mid life which is designed to help participants understand the challenges and opportunities of mid life. Sponsored by Program for Women, Dept. Psychr. $35-$50. Miyako Hotel, 1635 Post St. 8:30 a.m.-4:30 p.m. Call 476-7521.*

WOMEN'S RESOURCE CENTER PRESENTATION: *When Disipline Falters: How to Find New Energy for Your Committment to Health & Well-Being.* Janna Wissler, counselor, shows how to carry out intentions to eat well, exercise, study and work. $40. S 18. 10 a.m.-5 p.m. Call 476-5222 to pre-register.*

WOMEN'S RESOURCE CENTER PRESENTATION: *Writing and/or Illustrating for Children.* Trina Robbins, writer & illustrator, covers the creative end of writing, as well as manuscript form, publishers and agents. No drawing experience necessary. $30-$40. S 20. 10 a.m.-1:30 p.m. Call 476-5222 to pre-register.*

15 Monday

ASIAN PACIFIC AMERICAN CELEBRATION

See Upcoming Events on page 5.*

16 Tuesday

UCSF/MOUNT ZION BROWN BAG LECTURE SERIES: *Sleep Disorders in a 24-Hour Society.* David M. Claman, UCSF/Mount Zion Sleep Disorders Clinic. Sponsored by Public Service Programs. Herbst Hall, UCSF/MZ. Noon. Call 476-4394.*

17 Wednesday

SUMMER CARE FAIR

Representatives from over 40 summer camps and day programs will be available to provide information on programs for children ages 2 to 18. 1995 Summer Care Fair Booklets will be available. Sponsored by Child & Elder Care Referral Service. Med. Sci. lobby. Noon-2 p.m. Call 476-2692.*

BROWN BAG LECTURE SERIES: (See Asian Pacific American Awareness events in Upcoming Events on page 5.)*

WOMEN'S HEALTH FORUM

See Upcoming Events on page 5.*

GREAT EXPECTATIONS PROGRAMS FOR PARENTS FILM SERIES: *Understanding the Dimensions of Childbirth.* Video presentation of *Magical Moments of Birth* and discussion about the uniqueness of each birth experience. A 326. 7-8:30 p.m. Call 476-6667.*

18 Thursday

MISSION CENTER BROWN BAG LECTURE SERIES: *Don't Burn Out: We Need Your Fire.* Carolyn Kellams, Natl. Training Forum, explains how to say "no" and avoid overload in the work-place. Sponsored by Public Service Programs. Rm. 125, Mission Center Bldg., 1855 Folsom. Noon. Call 476-4394 for information.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: (See Asian Pacific Awareness Week events in Upcoming Events.)*

19 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Orthomocular & Health Medicine.* Richard A. Kunin offers an understanding and appreciation of nutrition science. N 721. Noon. Call 330-5353.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: (See Asian Pacific Awareness Week events in Upcoming Events.)*

DEVELOPMENT & TRAINING

For further information call 476-4032.

Cost Transfers. Wed., May 10. 9 a.m.-noon. $40.

The Telephone: Your Most Important Business Tool. Wed., May 10. 1-4 p.m. $45.

Supervising in the Workplace: Managing Employees with Chemical Dependencies, AIDS & Disabilities. Fri., May 12. 8:30 a.m.-12:30 p.m. $40.

Pre-Supervisory Training. Wed. & Fri., May 17, 19, 24, 26. 9 a.m.-noon. $90.

Productive Communication for Managers & Supervisors. Wed., May 31. 9 a.m.-3 p.m. $70.

Supervisor's Guide to Performance Evaluation. Wed., June 7. 8:30 a.m.-4:30 p.m. $40.

Contracts & Grants Workshop. Thurs., June 8. 9 a.m.-noon. $40.

CONTINUING EDUCATION

DENTISTRY

For information and registration call 476-1101.

Anatomical Considerations in Local Anesthesia. UCSF. May 20.

Clinical Applications of Oral Pathology. UCSF. June 2.

Managed Care and the New Parameters for Restorative Practice. UCSF. June 3.

Canadian Rockies Dental Seminar. Banff, Alberta. July 6-11.

Endodontics/Prosthodontics: Working Together Toward the 21st Century. UCSF/Laurel Heights. July 28-29.

MEDICINE

For program information call 476-4251. To register call 476-5808 unless otherwise noted.

American Society of Neurophysiological Monitoring. Hotel Miyako, SF. May 18-20.

Twenty-second Annual Advances in Internal Medicine. Ritz-Carlton, SF. May 22-26 & June 19-23.

Eleventh Annual Current Issues in Anatomic Pathology — 1995. Mark Hopkins, SF. May 25-27.

Lasers in Cutaneous & Cosmetic Surgery. Park-Hyatt, SF. June 9-11.

Endoscopic Assisted Plastic Surgery, Plastic Surgery Update. The Clift, SF. June 22-23.

Family Practice Board Review Course. Hotel Nikko, SF. July 10-13.

Critical Care Cardiology. Ritz-Carlton, SF. Aug. 10-12.

LIBRARY CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 231 Library (LC). Call 476-2337 to register.

- Mon., May 8: *Medline Plus I: Basics.* (LC). 3-5 p.m.
- Thurs., May 11: *Medline Plus II: Advanced.* (EC). 2-4 p.m.
- Fri., May 12: *Genomic & Molecular Biology Databases on the Internet.* (EC). 2-4 p.m.
- Mon., May 15: *ENDNOTE® for the Mac.* (EC). 10-noon.

May 6-19, 1995

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

MONDAYS

JEWISH WOMEN'S DIALOGUE GROUP: Every other Monday. Call 476-6423.*

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous meeting with 12-step emphasis. Meets monthly.11:30 a.m.-12:30 p.m. Call 476-2004.

UCSF STAFF COUNCIL MEETING: Second Monday of the month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mondays of the month. Reservations must be made at 929-7114. No drop-ins allowed. UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly at noon. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tuesday of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tuesday of the month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or UCSF/Parnassus. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tuesday of the month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tuesday of the month. S 758. 7:30-9 p.m. Call 284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wednesday of the month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 282-9650 for more information.

"AT THE HEART OF IT" CARDIAC SUPPORT GROUP: For heart patients to share experiences, successes, concerns & anxieties. An ongoing six-week series. Call Kathleen Congdon at 885-7227.*

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wednesday of each month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

STEP-FAMILY SUPPORT GROUP: For parents & step-parents. Call Sandra Norberg at 476-6389.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

DIRECTIONS: For women newly diagnosed with breast cancer. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5-6:30 p.m. Pre-registration necessary. Call 885-3693 or 885-7498.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: A twelve-step program for people who have dysfunctional long-term relationships. LPPI 371. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thursday of each month. Bring CPAP equipment for check-up. Call 885-7886.*

LESBIAN LUNCH GROUP: Monthly on Thursdays. Call 476-5222.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thursdays of each month. UCSF/Mount Zion Cancer Cntr., 2356 Sutter, 2nd fl., near Divisadero. 1-2 p.m. Call 885-7623.*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Third Thursday of the month. M 1317. 5:15-6:30 p.m. Call 476-0683.

PARNASSUS PLAYERS: UCSF's theater group holds play readings on the first and third Thursday of the month in preparation for Fall show. May 25: Toland Hall. June 1: S 22. 6-8 p.m. Call 476-6761 or 476-9012 (day) and 821-5701 (evening).*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thursdays. 6-8 p.m. Call 775-2854 to preregister.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Most Fridays. Noon-1 p.m. L 535. Call 476-5836.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Friday of each month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call Edith Kaplan at 986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 921-4044.*

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Because the service has become so popular and appointments are filled by the time this calendar is published, we list only dates when the van will be at UCSF locations:

- Sat., June 2: UCSF/Parnassus at Medical Center Way.
- Mon.-Fri., June 12-16: UCSF/Laurel Heights, 3333 California St.

ITS COMPUTER CLASSES

Information Technology Services sponsors the following classes. Call 476-2012 for descriptions and registration forms.

- Fri., May 19: *Introduction to Microsoft Word 6.0* (Mac). $195. 9 a.m.-4 p.m.
- Tues., May 23: *UNIX Electronic Mail.* $110. 1-5 p.m.
- Thurs., May 25: *Introduction to WordPerfect 6.0 for Windows.* $170. 9 a.m.-4 p.m.
- Thurs., June 1: *Beginning Excel 5.0* (Mac). $195. 9 a.m.-4 p.m.
- Fri., June 9: *Beginning Excel 5.0 for Windows.* $170. 9 a.m.-4 p.m.
- Fri., June 16: *Intermediate Excel 5.0* (Mac). $195. 9 a.m.-4 p.m.
- Fri., June 16: *Intermediate Word for Windows 6.0.* $170. 9 a.m.-4 p.m.

Upcoming Events

Anti-retroviral forum

A symposium to review current data on anti-retroviral therapies and a discussion of strategies for using available agents will be held Thursday, May 11, from 8:30 a.m. to noon, at Carr Auditorium at SFGH.

The AIDS Program at SFGH, in collaboration with the UCSF Center for AIDS Research and Gladstone Institute of Virology and Immunology, will present the symposium. Scheduled speakers include: Paul Volberding, Rebecca Coleman, Steven Deeks and Sylvija Staprans.

Immediately following the symposium, from noon to 1 p.m., Jeff Liffson will speak on "Viral Quantitation and Emerging Concepts in HIV-Pathogenesis" in the library of the Gladstone Institute.

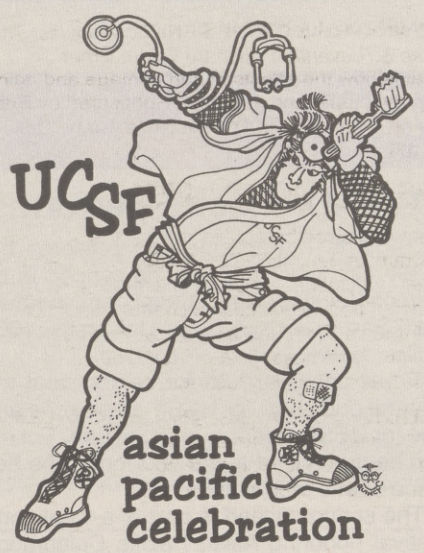
All health care providers and the public are invited to attend this free event. For more information, call Dan Wilson at 476-4082, ext. 84245.

Asian Pacific Week

UCSF will celebrate Asian Pacific Celebration Week beginning Monday, May 15, at noon in Toland Hall when Martin Yan of TV's "Yan Can Cook" will speak. Cookbooks and knives will be available.

On Tuesday, May 16, with keynote speaker Ed Lee, director of the Human Rights Commission of San Francisco, from noon to 1:30 p.m. in Toland Hall.

On Wednesday, May 17, from noon to 1 p.m., Ted Fang, owner and publisher of the San Francisco Independent, will talk about "Building a Community Media Voice." His free speech will be held in HSW 300. At 7 p.m. that day, Filipina comic Christy Medrano takes the stage in Cole Hall. Tickets cost $5 and are available at the door or at the Millberry Union Central Desk.



The Asian Cultural Festival, featuring Chinese and Hawaiian dance, Red Panda Acrobats, food, arts and crafts, will be held in the Millberry Gym on Thursday, May 18, from 11:30 a.m. to 1:30 p.m.

The film, "To Live," will be playing at Cole Hall Cinema on May 18, at 5:45 and 8:30 p.m., and on Friday, May 19, at 6:30 and 9:15 p.m. The film is an epic portrayal of one family's trials, triumphs and tragedies through several stormy decades of recent Chinese history.

Food, entertainment and fun will be part of the Filipino Festival slated for May 19 in the Millberry Union Conference Center.

Also on May 19, the Red Panda Acrobats will perform in the courtyard at MCB from noon to 1 p.m. Asian box lunches will be available for $5.

The UCSF Orchestra will present its Spring concert on Saturday, May 20, at 8 p.m. at Knuth Hall, San Francisco State University, 1600 Holloway Ave. The program will feature contemporary works by Chinese-American composers Chen Yi and Gan Situ. Jiebing Chen will solo on the erhu, a two-string, bowed lute. The concert is free to UCSF students; $3 for UCSF employees and $5 for the general public. (See Fun Zone on page 6 for details.)

For more information on these events, call Gail Mametsuka at 476-2675.

Women's health forums

Women's Health Access, a multidisciplinary practice which provides comprehensive primary health care and referrals, is presenting a monthly lecture series on women's health issues.

This month, the topic for discussion is "Treatment of Osteoporosis — What's New?" Steven T. Harris, associate clinical professor of the Departments of Medicine and Radiology, will give the lecture on Wednesday, May 17, from 5 to 6 p.m. in Toland Hall.

On Thursday, June 8, from 5:30 to 6:30 p.m., Sadja Greenwood, assistant clinical professor of the Department of Ob/Gyn, will talk about "Living with Menopause Without Hormonal Treatment." The lecture series is co-sponsored by the Women's Resource Center. For more information, call 476-9293.

May 20 program in developmental biology

The Program in Developmental Biology and the Department of Anatomy are sponsoring a one-day symposium to address several aspects of current research into the molecular mechanisms involved in forming complex organs. The forum will be held Saturday, May 20, at 10 a.m., in room N 217 in the new Educational Center.

Speakers will present their work in the areas of cell fate specification, tissue interactions, cell proliferation and cell migration.

For more information or to receive a copy of the program schedule, call 476-2699.

LPPI's annual meeting

The Friends of LPPI are holding their annual meting and luncheon on Monday, May 22, from noon to 2 p.m. at Harris' Restaurant in San Francisco. Samuel H. Barondes, director of the Center for Neurobiology and Psychiatry, will discuss "What's all the Fuss about Prozac?" The luncheon costs $35. Register by calling 476-7033.

Health policy lectures

The Institute for Health Policy Studies presents two noon lectures on Wednesdays, May 24 and 31, in the seminar room, 11th floor, 1388 Sutter St.

On May 24, Gottfried T.W. Dietzel, director of research of the German Federal Ministry of Health, will discuss the information society summit in Brussels that is exploring European and global issues related to health care. He will report on European attempts to bring the "information society" to health care.

On May 31, recent Regents' Lecturer Donald W. Light, an expert on the US and UK health care systems and professor and director of the Division of Social and Behavioral Science at the University of Medicine and Dentistry of New Jersey, will discuss the inherent flaws of managed competition in health care. (See story on page 8 for a glimpse of his views on this subject.)

Mini trade fair May 23

Eight small, minority and women-owned vendors seeking to do business with the University will be exhibiting their goods and services at a mini trade fair on Tuesday, May 23, from 10 a.m. to 3 p.m. in the Medical Sciences lobby. Campus support for these small businesses and for the Business Affirmative Action Program at UCSF is strongly encouraged. For more information, call Karen Maxwell at 502-3041.

Jocelyn Elders is Crede Lecturer May 25

Former US Surgeon General M. Jocelyn Elders will be this year's Robert Crede Lecturer on Thursday, May 25, at noon in Carr Auditorium at SFGH. Elders, who will be in San Francisco for only a few hours, will be speaking on the health of inner city children. A pediatric endocrinologist, Elders was the first ever African-American Surgeon General and the second woman ever to hold the post. She has returned to the University of Arkansas Medical School, where she divides her time between the classroom and the clinic.

Sooy Lectureship

The Francis A. Sooy Lectureship is slated for Saturday, June 3, from 9 to 11:30 a.m. at Toland Hall. Michael D. Maves, executive vice president of the American Academy of Otolaryngology, will talk about capitation. In addition, UCSF's chief residents will present head and neck surgical cases.

The lectureship honors the late Francis A. Sooy, former otolaryngology chair and chancellor.

Lifestyle key to health, longevity

By LISA CISNEROS

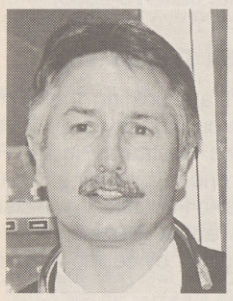
Health can degenerate so gradually in life that people often explain their physical decline as a natural part of aging. But, as health psychologist Robert Lutz explains, most of the time it's a sign that "we need to take better care of ourselves."

Taking a proactive role to achieve and maintain good health — at any age — was the main message Lutz gave at a recent Brown Bag lecture. He will repeat that message to launch a new community lecture series at the UCSF Medical Group Practice at the Lakeshore Plaza Shopping Center. The first lecture is slated for Tuesday, June 6, from 6 to 7 p.m., at the office at 1569 Sloat Blvd. Physicians will be available at the lectures to answer questions.

Lutz's prescription for disease prevention, longevity and emotional well-being includes many familiar recommendations, such as exercising regularly, eating healthy foods and refraining from smoking, but it also includes these suggestions that aren't as well known:

♦ Staying mentally active and socially involved.
♦ Developing good coping skills to manage stress.
♦ Getting regular check-ups with a primary care physician and dentist.
♦ Limiting alcohol consumption.
♦ Avoiding abuse of pharmaceutical substances, whether prescribed or not.

While a family history of a particular health problem does place someone at increased risk for that same problem, that risk can be minimized by leading a healthy lifestyle, Lutz said. "Our genetic make-up that we inherit from our parents does influence disease susceptibility and longevity, but its importance is often overestimated while the impact of lifestyle is often underestimated."



Lutz

Indeed, the Department of Health and Human Services estimated in 1990 that as many as 70 percent of premature deaths are due to lifestyle factors. By contrast, heredity plays only a 10 percent to 20 percent role in one's early demise. In one study cited by Lutz to illustrate the importance of lifestyle over heredity, the average age difference at death of two random individuals varied by 19 years. Two identical twins died 14 years apart.

Lutz said one reason people shrug off adopting healthy habits is the belief that they have to be fanatical about it — devouring large amounts of fruits and vegetables and aerobicizing nonstop.

People should start gradually, building upon things they already do right. Lutz himself cut out a few high-fat items from his diet, including potato chips and salami. "With each successful step, it becomes easier to take the next one," he said. "Healthy living shouldn't be thought of as work, but as something important and positive to give to ourselves."

Allen J. Balderson

UCSF joins March of Dimes WalkAmerica

While sprinkles may have dampened the ground on Saturday, April 29, that didn't affect the enthusiasm of the 1,500 walkers from the Bay Area participating in the 25th anniversary of the March of Dimes WalkAmerica. Of that number, 65 were registered under UCSF, representing a large jump over last year when only four people from campus participated. The mission of the March of Dimes is to improve the health of babies by preventing birth defects and infant mortality. UCSF traditionally has received several grants from the organization for both basic and clinical research. Above, Inez Wieging from the Department of Pediatrics helps Curtis Smedley get into his UCSF T-shirt.

Bomb warning

After a bomb threat to the ACC on April 26, Sgt. Lorin Stracke urges employees to be cautious when any odd or unexpected package arrives, including foreign mail, air mail or special delivery, with restrictive markings such as confidential or personal, excessive postage, handwritten or poorly typed addresses, incorrect titles, titles but no names, misspellings, oily stains or discolorations, no return address, excessive weight, lopsided or uneven envelope, protruding wires or foil, excessive securing such as masking tape, string, etc.

Take the following precautions:

♦ Don't touch, shake or pull loose wires.
♦ Don't move things you cannot identify.
♦ Don't move the package away from people — move people away from the package.
♦ Don't investigate too closely.
♦ Don't cover or insulate the item or package.

For more information, call the UCSF Police at 476-8901 or 476-9240 during normal business hours. The 24-hour emergency phone number is 476-6911.

Workshop to focus on job performance evaluations

The Development and Training Division will offer a workshop on how to plan and conduct an employee performance evaluation on Wednesday, June 7, from 8:30 a.m. to 4:30 p.m.

Cost of the workshop is $40.

The workshop, "Supervisor's Guide to Performance Evaluation," will review the causes for successful and unsuccessful performance evaluations, and will help supervisors communicate acceptable as well as unacceptable performance in a positive manner. The workshop will be taught by a staff member of the UCSF Labor & Employee Relations Division.

This course is open to employees holding supervisory positions not covered by a union contract. Anyone who is assigned responsibility for drafting performance evaluations or monitoring performance of their co-workers may attend.

For more information, call the Development and Training Division at 476-4032.

Fun Zone

UCSF Orchestra performs spring concert May 20

UCSF Arts & Performances presents the UCSF Orchestra in its spring concert to be held on Saturday, May 20, at 8 p.m. in Knuth Hall, San Francisco State University, 1600 Holloway Ave.

Ticket prices are $5 for seniors and the general public, $3 for UCSF employees and free for UCSF students and children. Tickets can be purchased at the door only. The box office opens at 7:30 p.m.

The spring concert is part of a week-long festival honoring Asian Pacific Celebration Week at UCSF. (See Upcoming Events on page 5.) Featured music includes contemporary works by Chinese-American composers Chen Yi, who received her Doctoral of Musical Arts degree with distinction from Columbia University in New York, and Gang Situ, who received his Master of Music in Composition from the Music and Arts Institute of San Francisco.

Jiebing Chen will be the featured soloist on the ehru, a two-string, bowed lute. Considered by many to be the foremost ehru virtuoso in the world, Chen was born in Shanghai and gave her first performance at the age of six.

Also included in the spring repertoire are Beethoven's "Symphony No. 4" and Hindemith's "Symphonic Metamorphosis on a Theme by Weber."

Now in its seventh season, the UCSF Orchestra is directed by Jeremy Swerling, who served as resident conductor of the Sacramento Symphony and as the music director of the Danville Symphony Orchestra in Illinois. The orchestra includes members from both the campus and community.

The spring concert is co-sponsored by the UCSF Asian Pacific American Systemwide Alliance and is funded in part by the Chancellor's Endowment Fund at UCSF.

For more information on the spring concert, call Laurie Williams at Arts & Performances at 476-6761.

Submit recipes

Employees are encouraged to submit their favorite recipes for a cookbook with sales to benefit EMPACT!, the program that sponsors events and activities for employees. Recipes must be submitted by Monday, May 15, to Elan Masliyah at EMPACT!, Box 0234A.

Recipes will be compiled over the summer for publication and sale in September.

Give a student a summer job here

Campus administrators interested in giving a local student a job at UCSF as part of the Chancellor's Summer Youth Program are asked to fill out a worksite request form by Monday, May 8.

For the past 27 years, UCSF has participated in the annual city program, which employs economically disadvantaged students of the San Francisco Unified School District (SFUSD) in various jobs around the city. This is the first glimpse of the world at work for some students.

The program is scheduled to begin Monday, June 26, and end Friday, August 18. Students will get July 4 off as an unpaid holiday.

This year, Bob Rojas of Human Resources again serves as the program coordinator for the campus. Worksite requests should be returned to him at the Human Resources Department, Box 0832.

Students, ages 16 to 21, will work 20 hours a week and will be paid $4.25 an hour. The program is totally funded by the federal government and administered by the SFUSD and the Private Industry Council of San Francisco Inc.

Administrators will receive pertinent information regarding the day-to-day operation.

For more information on the program, call Rojas at 476-5358.

Cancer Center seeks volunteers

The UCSF/Mount Zion Cancer Center is looking for volunteers to help make a patient's visit more pleasant.

"We want people who would like to help heal the wounds and bridge the gap toward the road to recovery for people with cancer," says Karen Wener, volunteer coordinator at the cancer center and a cancer survivor.

Volunteers are needed to greet patients and to help orient them to the new center, as well as to perform a variety of tasks to support the health care staff.

"The point is, we want volunteers to be used in creative ways to take best advantage of their skills," Wener adds.

The UCSF/Mount Zion Cancer Center also can make accommodations for people who want to volunteer but work out of their homes. For more information, call 885-3693.

Medical Call Board

Ulcerative colitis

Volunteer patients with ulcerative colitis are needed to participate in a clinical study evaluating an investigational drug, Balsalazide Colazide, to treat the condition. Study medication, laboratory tests and clinic visits to the UCSF/Mount Zion Center for Inflammatory Bowel Disease will be provided at no cost to subjects. All inquiries are welcome. For more information, call Linda Aguilar, study coordinator, or Robert Willenbucher, center director, at 502-4444.

Hepatitis B treatment

Researchers at the VAMC are enrolling men and women, ages 18 to 65, who have chronic hepatitis B or are hepatitis B carriers into two studies. The first study involves using a newly developed vaccine called CY-1899 with a follow-up in six months. The second study is a year of treatment using Lamivurdine either with or without interferon. (Participants must be Hep B surface antigen positive, Hep B e antigen positive and Hep B viral DNA positive.) For more information, call Manon Marovich at 221-4810, ext. 3944 or Terry Wright at 750-2105.

Abuse and the brain

Researchers at UCSF are looking for healthy African-American and Caucasian men and women between the ages of 30 and 55, to participate as control subjects in a study of the effects of chronic cocaine and/or alcohol abuse on the brain. Procedures include MRI and SPECT brain scans, brain wave analysis, psychological evaluation, HIV testing and tests of memory and problem solving. All procedures are performed at the VAMC. Participants need to give 12 hours and will be reimbursed $120 plus transportation costs. Results of several of the procedures will be available to participants' physicians. For more information, call Patricia Gill at 751-2733.

Medsounds Continued

Photos by Karen Preuss

Egg hunt raises big bucks for patient amenities

About 225 children searched for treats at the Hospital Auxiliary's annual Easter Egg Hunt and Shopping Spree at FAO Schwarz. The April 15 fund-raiser garnered some $18,000 to pay for patient amenities, says Marianne Goldman, event organizer. Among those contributing to the event were Bulgari, Just Desserts, Joseph Schmidt, Victoria Pastry, Florence Ravioli Factory, Rolling Pin Donuts, Marjolain Pastry, Lunardi's and the San Francisco Giants. Cancer patient Mindy Alonzo, 8, upper left, found a golden egg good for a $100 gift certificate at FAO Schwarz. Chancellor Joseph Martin, upper right, greets children and parents with Kathy Balestreri, assistant to the Medical Center Director. At left, two boys find an egg.

Light *(from page 8)*

raising new concerns about cost, quality and access to health care, Light explained.

Light is among researchers and analysts with serious doubts as to whether or not increased managed competition will reduce costs, foster efficiency, offer greater choice or promote public health. In fact, he cites 10 inherent flaws of managed competition, including negating the notion that competition increases consumer choice.

"Competition is commonly believed to increase choice, but the introduction of managed competition in the US health care system by major employers during the 1980s was designed to reduce choice" by asking consumers to choose a plan and a provider. Of course, there are "good clinical reasons for reducing choice" since all services are reviewed and directed by one physician who can coordinate continuous care, he added.

The key to developing an effective health care system is to manage care clinically rather than economically, Light said. "Managed care used to mean clinically managed care, especially by a patient's primary care physician, but also by a specialist who becomes the primary care provider for patients with ongoing serious disorders," Light wrote in The Lancet. But in some for-profit systems, "executives and investors set policies behind closed doors that affect the nature and extent of services available to patients and their primary care doctors. One might call this MBA-managed care rather than clinically managed care."

"Enlightened" systems work constantly to coordinate care using teams of doctors, nurse practitioners and clinical health specialists, such as health educators and geriatric nurses, who work with high-risk patients at a modest cost, he explained. These systems train providers how to manage problems that do not have to be referred, as well as "pay their primary care providers well and in ways that do not offset strong incentives to under serve." But such successful health care systems require good leadership and enough time to mature, Light said.

A professor and director of the Division of Social and Behavioral Science at the University of Medicine and Dentistry of New Jersey, Light is a professor of the Graduate Faculty of Sociology at Rutgers University and an adjunct senior fellow at the Leonard Davis Institute of Health Economics at the Wharton School. His visit is supported by the Department of Family and Community Medicine, the Institute for Health Policy Studies and the Department of Social and Behavioral Sciences of the School of Nursing.

"Nurses: The Heart of Health Care"

Nurses at Parnassus and Mount Zion will be awarded for their service at UCSF as part of the celebration of National Nurses Week beginning Monday, May 8.

With the theme, "Nurses: The Heart of Health Care," the week will highlight the importance of these professionals and allied staff to patient care.

There will be informational booths related to nursing in the lobby of the Medical Sciences building on Tuesday, May 9, from 9 a.m. to 4 p.m. and at the Hellman Conference Center at Mount Zion from 12:30 to 5:30 p.m.

Nurses on Parnassus will be honored at a ceremony Wednesday, May 10, from 4 to 6 p.m. at the Millberry Conference Center. Awards will recognize excellence in a variety of areas including cardiovascular nursing, pediatric nursing and critical care.

Mount Zion nurses will be honored Thursday, May 11, in a ceremony from 4 to 6 p.m. in Herbst Hall. Six nurses will receive the "Partner for Excellence Award," Mount Zion's top nursing honor. Awards also will be given to clinical nurse IIs, technicians, unit service coordinators and nursing/hospital assistants at both ceremonies.

Chris Wachsmuth, a nursing director at SFGH, will speak on "New Opportunities for Nursing," at Cole Hall on Tuesday, May 9, from 2 to 3 p.m. This lecture will be simulcast to Herbst Hall. On Thursday, May 11, from 9 a.m. to 4 p.m., nurses can attend a class on "Safety in the Workplace" in the Millberry Conference Center.

Forum *(from page 8)*

nurse who is part of the planning committee for the conference.

One of the more critical issues of our time, Henderson says, is how managed care will effect care for the older woman. "All of us involved in health care want to know how we can live within the budget and still provide quality care," she says.

Thomas Gallagher, a clinical scholar of the Robert Wood Johnson Foundation, will talk about the "Ethical Implications for Caring for the Older Woman in the Managed Care Era."

Diana Koin, director of the Nursing Home Care Unit at the VAMC, and Lisa Netenberg, program director for elder abuse prevention at the UCSF/Mount Zion Center on Aging, will discuss elder abuse and the role and responsibilities of the health care provider.

Other program topics include: prevention strategies for breast cancer, hormone replacement therapy, depression and hormonal influences and osteoporosis.

For more information on the conference, call the UCSF/Mount Zion Center on Aging at 750-4180.

Energy *(from page 8)*

- Turn on your computer only when needed.
- Turn off the copy machine at night.
- Report all drips, leaks, broken windows and thermostats to Hospital Building Management.
- Minimize use of electricity between noon and 6 p.m. — the most expensive electrical period.
- Use the stairs instead of the elevators when possible.
- Turn off the oxygen, medical air and vacuum outlets when in standby mode.

Staff is encouraged to submit other ideas to accomplish the goal to Hospital Building Management, Box 0204. Really bright suggestions will be published in a future issue of "The Energy Watcher," a new bulletin that will publish the program's progress.

For more information, call Hospital Building Management at 476-3826.

Budget *(from page 8)*

group of health care providers and administrators.

"One of our strengths is that so many physicians are participating in the decision-making process," Smith says. "It's not accountants or MBAs meeting behind closed doors making these tough decisions. We're all doing this together. That's the only way we're going to solve the problems."

To deal with its major problem — a shrinking revenue base — the Medical Center is undergoing multiple measures to cut operating expenses, including conducting a clinical program review and looking for ways to improve services to offer patients greater value. It also continues to downsize its workforce with the goal of reducing 550 full-time equivalents (FTEs), a 12 percent reduction in staff. So far staffing has been reduced the equivalent of 180 FTEs through lay offs and 110 through the elimination of vacant positions, Smith says.

"It's not accountants or MBAs meeting behind closed doors making these tough [budget] decisions. We're all doing this together."

— Larry Smith,
Medical Center finance director

What still remains to be seen is how the Medical Center will meet its future financial and educational obligations if Congress makes spending cuts to Medicare, the medical insurance available to 40 million elderly and disabled Americans. While it appears that Republican leaders are reluctant to balance the federal budget on the backs of the elderly with big blows to Medicare, debate continues on Capitol Hill on how to fix the ailing system that is in danger of going bankrupt in 2002 if left alone.

Accounting for 30 percent of UCSF's patient population, Medicare is the only payer that reimburses the health center for the educational costs incurred as part of its academic mission. Direct Medical Education payments to UCSF for trainee salaries and benefits total $6 million per year. Medicare also makes an Indirect Medical Education adjustment of $30 million to UCSF, funds that compensate teaching hospitals for the severity of their patients' illnesses, the scope of services provided and the impact of educational programs on hospital operating costs. In addition, Medicare also gives UCSF $12.5 million a year for caring for a disproportionate share of medically indigent patients.

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UCSF Medsounds

Budget update: Medical Center could break even

By LISA CISNEROS

With less than two months to go before the books close this fiscal year, the Medical Center's $450 million operating budget looks as though it will at least break even, according to Larry Smith, director of finance.

In the best-case financial scenario, the Medical Center may even show a gain of about $1 million, but that's considered a modest amount given that it spends that much each day, Smith says.

It's really too early to tell what the bottom line will be this fiscal year, Smith says, since it's difficult to predict what will happen during May and June, a time when patients typically go on vacation rather than elect to have surgery or seek other types of health care services.

But based on Medical Center figures through the first three quarters of the fiscal year (through March 31, 1995), operating revenues of $334 million surpass operating expenses of $330 million.

The 116,484 patient days during this period resulted in an average daily census of 425.1 patients as compared to 474.5 patients during the same period last year. This 10.4 percent decrease in patient days is due to a 4.4 percent decline in admissions and a 6.8 percent drop in the average length of stay, from 6.75 to 6.29 days, according to Smith.

But while inpatient volume continues to decline, outpatient visits to the ACC, Lakeshore Plaza practice and other clinics continue to rise, mounting evidence that California is a bellwether in the rapid transition to control health care costs in a managed care system. Specifically, UCSF's outpatient clinic visits are up 8.4 percent and home health visits have increased 9.7 percent above last year's level, while visits to the Emergency Department have declined 8.6 percent, based on figures through March 31.

"Even though our patient census is not wonderful, we're doing better than most local health care providers in a very competitive managed care marketplace," Smith says.

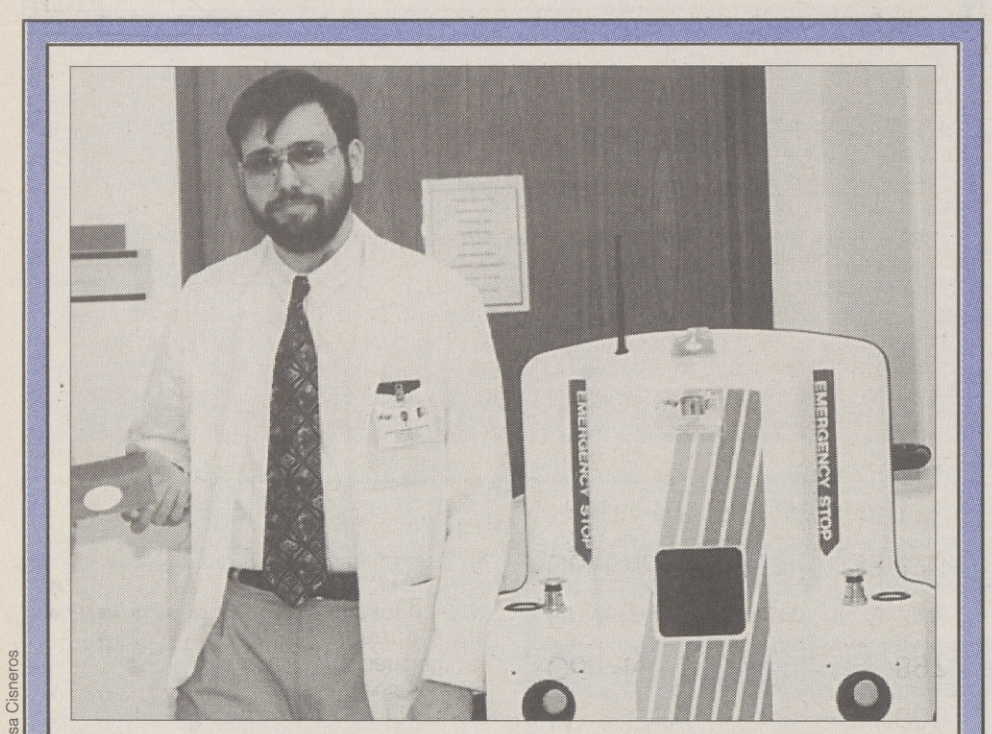
A budget update will be given to Medical Center managers at a meeting Friday, May 5, from 2 to 4 p.m. at the Laurel Heights Conference Center. The spending plan for 1995-96 will be impacted by recommendations to reduce costs from the Medical Center's internal consulting team, which includes a diverse

(See **BUDGET** on page 7)

Patient days by payer as of 3/31/95*

	Days	Percent	% change over 1993-94
Medicare	37,616	32.3	-12.9
Medi-Cal	31,600	27.1	-11.4
County	897	0.8	-8.2
Private Insurance	8,765	7.5	-35.1
Contract	35,478	30.5	-3.0
Non-sponsored	2,128	1.8	-3.7
Total	**116,484**	**100.0**	**-10.4**

** Figures for first three quarters of fiscal year 1994-95*
Source: Medical Center Administration



Lisa Cisneros

E.L.V.I.S. sighting at Medical Center

Gabriel Dominguez-Cuevas, an investigational technician at the pharmacy in Moffitt/Long Hospital, received a $50 Macy's gift certificate for coming up with the best name for the Medical Center's new robot: E.L.V.I.S. An acronym for electrical land vehicle intelligence system, E.L.V.I.S. is being tested by Materiel Services to deliver medications to nursing stations. "He weighs 500 pounds. That's as much as Elvis did, too," jokes Dominguez-Cuevas.

Medical Center launches energy watch

Hospital Building Management is launching a new program asking all Medical Center employees to conserve energy as a way to save money.

Called "Energy Watcher," the campaign aims to save $90,000 in four months or about $750 from the daily $17,000 utilities bill. That goal amounts to reducing the Medical Center's cost for utilities by just 5 percent, says Robert Hunn of Hospital Building Management.

The Medical Center spends about $6.2 million a year for gas, water, electricity and steam at both Parnassus and Mount Zion sites, plus the ACC, Oyster Point Laundry Plant and the Pavilion building.

Hospital Building Management already has invested in capital improvements designed to conserve energy, including installing energy efficient lighting throughout Medical Center sites, recalibrating meters on Parnassus and insulating steam lines at the ACC. Some of these measures made over the past two years have resulted in a $62,000 rebate from PG&E, Hunn points out.

But everyone's cooperation is needed to find other ways to gain operational efficiencies and reduce expenses. Some simple ways to save energy are:

- Turn off the lights in a room when you leave.
- Adjust the thermostat rather than use portable electric heaters.
- Close the windows and shades every night to keep heat in.

(See **ENERGY** on page 7)

Forum to focus on older women

While women typically outlive men, their aging is not without the downsides of heart disease, osteoporosis, elder abuse, poverty and other woes.

To address these and other health care problems in older women, the UCSF/Mount Zion Center on Aging, an affiliation of the Mount Zion Institute on Aging and UCSF, will present its second annual conference, "Primary Health Care for the Older Woman: Update 1995."

Intended for a multidisciplinary audience of health care professionals, the conference will be held on Saturday, June 3, from 8 a.m. to 5 p.m. at the Laurel Heights Conference Center. Fees vary and pre-registration must be postmarked by Friday, May 12.

Studies show that women, who constitute 60 percent of the over-65 population and 70 percent of the over-85 population, have more chronic illness and disability than men and more often live alone and in poverty.

"Our sense is that women's health issues need to be discussed so we can share up-to-date information," says Mary Henderson, a

(See **FORUM** on page 7)

"All of us ... want to know how we can live within the budget and still provide quality care."

— Mary Henderson, education coordinator, UCSF/Mount Zion Center on Aging

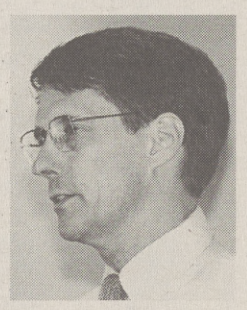
Karen Preuss

Page 7... Easter egg hunt photo spread

Regents Lecturer warns of hazards of managed care

By LISA CISNEROS

Citing the many dangers of managed care competition, noted medical sociologist Donald W. Light criticizes the US system for its potential to "replace a service ethos with a commercial ethos."



Light

Visiting UCSF as a Regents Lecturer on April 26, Light, an expert on US and UK health care systems, says the way to avoid the problems that pit profit against patient care is to develop a population-based system to meet the specific needs of communities with increased emphasis on preventive, primary care.

"The best alternatives organize budgets around residential populations and bring the relevant parties together to decide what programs to support or develop over the next five years and how best to allocate available funds to reduce the need for medical services by reducing morbidity, injuries and mortality," he wrote in his 1995 report, "Homo Economicus: Escaping the Traps of Managed Competition."

He points to the British National Health Service which transformed managed competition into managed cooperation, a system that offers a wide spectrum of clinical preventive, educational and community services.

Ironically, complaints about the US health care system — its tendency for impersonal, expensive and fragmented health care — during the 1960s led to President Nixon's call to overhaul health care with health maintenance organizations. The emergence of HMOs created the model for today's trend toward managed care competition that is

(See **LIGHT** on page 7)

May 15 deadline for college scholarship

The deadline for the Jacqueline W. Kuhn Scholarship is Monday, May 15.

The purpose of the $1,000 scholarship is to recognize a dependent of a Medical Center employee who has demonstrated excellence in academic accomplishment as well as service to the community through volunteer work and extracurricular activities. The scholarship will be awarded to help defray educational and living expenses incurred while the student attends college.

Nominations must be returned to the Jacqueline W. Kuhn Scholarship Fund Committee, c/o Kathy Balestreri, Box 0296 by Monday, May 15.

Applicants must be the dependent of a staff member who has been employed by the Medical Center for at least three years. Applicants also must have been accepted to or be enrolled at least half-time at a campus of the University of California or a California State University. The awardee will be selected by a panel of Medical Center staff. To get an application, call 476-2230.